

Thirty Fourth Year.

JOHNSON CITY, TENNESSEE, THURSDAY, OCTOBER 18, 1917.

Whole Number 1735

SOY BEANS, A NEW FOOD

People This Year Who Have
Some of These Beans Are
Fortunate

SOYS COMPARED WITH MEAT

How To Prepare Them for the Table
To Get Most Out of Them and To
Make Them Most Palatable—Soy
Beans Cheap as Food.

(By Carl Vrooman, Assistant Secretary,
U. S. Department of Agriculture.)

Among the simple, nutritious, and inexpensive foods which should be listed on every housekeeper's program of home preparedness is the soy bean. As a forage crop in the United States these beans are well known, but as yet the soy bean, which is utilized widely in Japan, China, and India for human food, has not yet been used to any great extent for that purpose.

When soy beans sell for 15c a quart, 10c worth will supply over five ounces of protein. When beef of average composition sells for 20c a pound, 10c worth will supply a little over an ounce of protein. Soy beans contain 36% protein, 18% fat, and 28% carbohydrates, as against 24.6% protein, 1% fat, and 62% carbohydrates in navy beans.

Soy beans contain more fat than starch. Next to peanuts, they contain more fat than any other legumes. They contain more protein than any other vegetable. This not only makes them a fatty food, but it makes it possible to cook them without the addition of pork or other fat. Soy beans can be used in almost exactly the same way as the ordinary navy beans.

To prepare baked soy beans, soak the beans over night in cold water; in the morning add a pinch of soda and boil the beans in the water in which they were soaked. Pour off the water and use it for making soup. Put the beans in a baking dish, add two level teaspoons of salt, cover them with water, cover the dish, and bake six to eight hours, leaving the dish uncovered during the last hour. It is unnecessary to flavor them with molasses, as their natural flavor is delicious.

Since the soy bean contains little starch, the liquid in which they are cooked is not thickened, and the beans remain separate. If this is considered objectionable the liquid can be thickened with corn meal—one-third of a cup to a quart of beans.

The skins of the soy beans can be removed by boiling the beans for 10 minutes and allowing them to cool over night in the same water and then rubbing between the hands. Most persons prefer the beans without the skins. They have a more delicate flavor and probably are more easily digested when thus prepared.

INCREASE YIELD OF WHEAT CROP

No Better Time Can Be Found
To Think of These Things
Than Now

Experience has shown that from three to five bushels per acre increased yield in wheat can be made by plowing the land deep and early so as to give the soil time to settle. The wheat plant likes a firm seed bed just below the surface. If the land is quite loose the roller should be used. The increase in yield from the firm packing of a roller will often pay for the roller in one crop.

Another chance to increase the yield per acre is by using sound, plump seed that will grow. Fan and screen out all small and shriveled grains.

The average yield of wheat can be increased five bushels if one will give attention to these details. It requires nearly a whole year to grow a crop of wheat. Why not get the highest crop possible by doing the right thing at the right time. It does not cost any more and the profit is so pleasing and satisfactory. Do your best this time and note the difference.—C. E. Allred, Division of Extension, University of Tennessee, Knoxville.

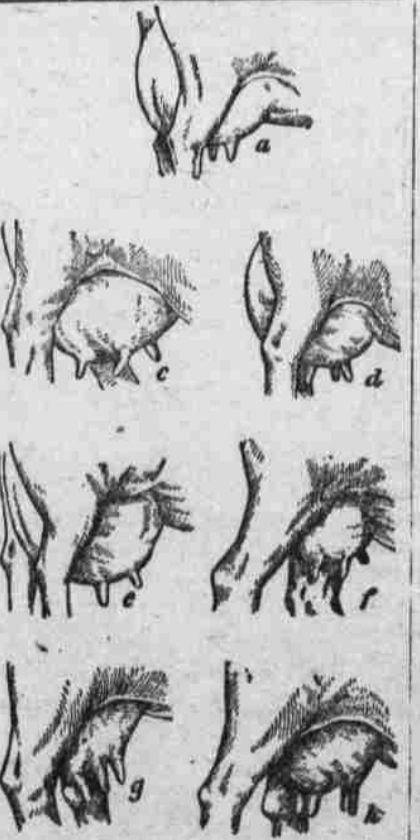
FARMERS' INCOME TAX

The United States Revenue Collectors have sent out blanks that the farmers are expected to fill, and then appear before one of the deputy collectors for personal consultation. The important thing to be done by those who suspect that they may be subject to this tax is to gather all the information which they may be called upon to furnish. For example, they should make careful records of everything sold from the farm, together with the total sum received. Then they should make similar reports of everything bought which entered into the conduct of the farm, as, for example, feed and livestock of all kinds. The ordinary family expenditures are not to be deducted from the gross income.

The man who has a complete record of all his business transactions will be much better able to answer the questions which will be asked of him by the deputy collector; and, inasmuch as the income tax law imposes a very severe penalty upon any individual who makes any false or fraudulent return, farmers should prepare to protect themselves by being able to furnish promptly and satisfactorily any information which may be demanded of them.

Your County Agents or Specialists at the Division of Extension, University of Tennessee, Knoxville, can help you in this matter, and will be glad to do so without charge.

THE GOOD AND THE BAD

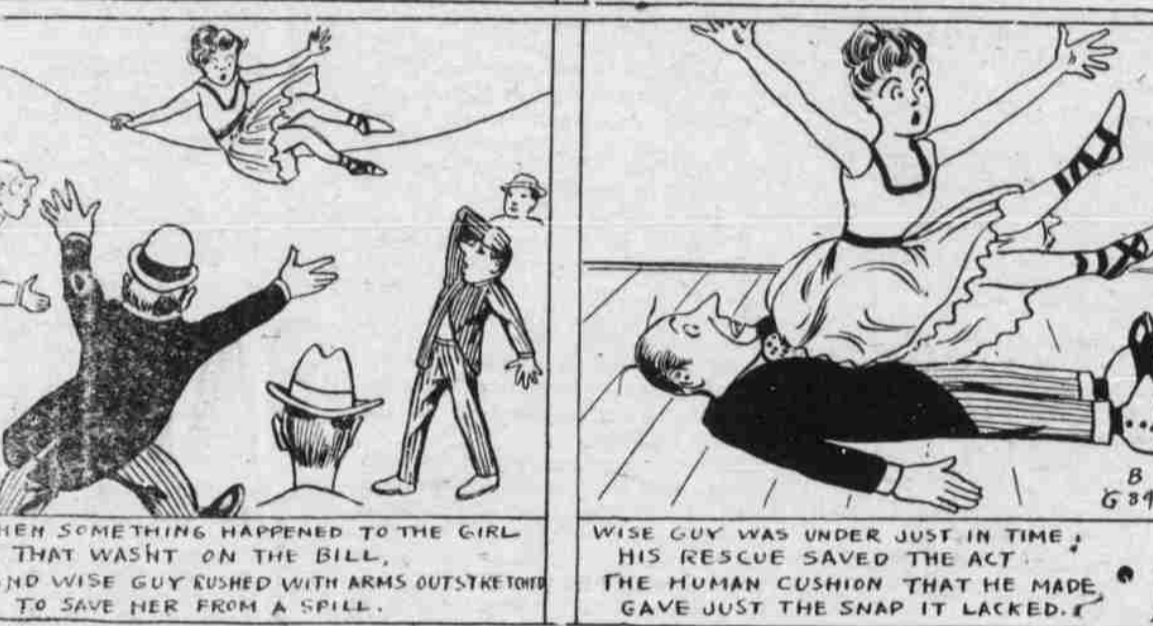


The pictures tell a story. Some cows have good udders, udders that yield large quantities of milk. Others have bad udders, udders that reduce the market value of the cow. Keep the cow with the good udder, the cow that produces much milk. Udder (a) is a good one; all of the others have defects that you will easily recognize. After the selection of the cow by the udder, look to the milk pail and see whether she is the good cow she seems to be. Looks are sometimes deceiving even in the udders of cows. Keep the cows that produce such milk.

PAY YOUR SUBSCRIPTION NOW
Never.
No man ever ceased to learn because he knew it all.

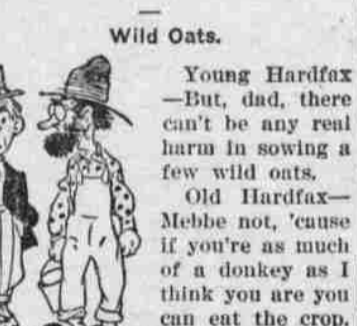
MR. WISEGUY - BY C.D. GRAVES

NATIONAL CARTOON SERVICE CORPORATION, N.Y.



SOME SMILES

Preparedness.
Farmer Whiffletree was riding along in his wagon with an extra wheel strapped to the back of it.
"What's the idea?" asked another farmer who met him. "Imitation" the automobile feller?"
"Nope; antipatrin' 'em," was the reply.



The Cycle.
Mr. Grotrox—When I was your age I didn't have a dollar.
Cholly Grotrox—Well, dad, when I am your age I probably won't have a dollar.

In the Court.
"Now, my good woman, I will take up the subject of your dispute with your husband."
"But you can't take it up, your honor."
"Why can't I, madam?"
"It's the parlor carpet, sir."



Not That Kind.
"You see," said the professor, "the science of chemistry depends on the discovery of certain affinities."
"Pardon me," interrupted Miss Prym. "I must interrupt the conversation can proceed without drifting into scandal."

Literally So.
Flippant Friend—There's one rippling scene in your new play.
Pleased Author—Glad you liked it. Which one do you mean?
Flippant Friend—In the dressmaker's workroom, where they're pulling the gowns to pieces.

Dark Outlook.
"Don't you think the Russian women are brave who have formed themselves into a regiment, and will have the same discipline and fight the same as men?"
"Maybe so, but all that training and military knowledge are going to tell in Russian homes when the war is over."

A Tonic.
"There are two phonograph records missing, Bridget."
"Sure, the goat did eat 'em up today, Pat."
"Well, he wasn't feeling first rate; perhaps they'll tone him up a bit."

ACTS ABOUT FARMERS AND THEIR FARMS... AND THEIR FAMILIES

Short courses and camps for girls have been held in several counties this past year.

One girl in Bradley county helped to pay the mortgage on her father's place through her activities in the girls' club.

Eleven homes in Montgomery county have installed water works under the direction of the county home demonstration agent.

Over 100 meetings were held this past year by boys and girls in poultry clubs, at which they had regular instruction from trained men.

Federal and state publications treating farm subjects may be secured by residents of the state, free of cost, by addressing the Division of Extension University of Tennessee, Knoxville.

At the beginning of 1917 there were over fifty counties employing farm demonstration agents and so assisting the Division of Extension of the University of Tennessee in the state agricultural educational work.

Three counties in the state have used native materials, such as shucks dyed, wheat straw, and cat-tails, for making straw braids from which to make hats. The hats the girls have made for themselves and others have cost from fifteen to forty cents each. And they were not cheap-looking hats, either!

GRADE THE FARM PRODUCTS.

If farmers in Tennessee are to make the most from their farms, they must grade the products they put upon the market, according to W. A. Schoenfeld, specialist in marketing and rural organization of the Division of Extension of the University of Tennessee, Knoxville. He points out that at a visit which he made to Chicago he found Arkansas sweet potatoes competing with Tennessee potatoes. At that time the potatoes from Tennessee were not graded. Every size possible was in the containers from this state. The Arkansas potatoes were selling by grades as follows: Prime, 90 cents; Choice, 75 cents; Jumbo, 60 cents. The ungraded Tennessee potatoes were selling for 55 cents a bushel. It would have paid the shippers of these potatoes to grade.

This corresponds with the shippers' experience around Gleason. When they first started the shipments several years ago they got a price of \$1.00 a bushel in bulk in the car. Now they find that they must grade their products to sell them.

The buying public demands well-arranged products, and the farmer who heeds the signs of the times will watch the markets.

Pleasures and Pains.
The pleasures of each generation evaporate in air. It is their pains that increase the spiritual momentum of the world.—J. R. Illingsworth.

NON-RESIDENT NOTICE

In the Law Court at Johnson City, Washington County Tennessee.

Lula Dyson
vs
John Dyson

In this cause it appearing from the complainant's bill, which is sworn to, that the defendant, John Dyson is a non-resident of the State of Tennessee It is ordered by me that publication be made for four successive weeks, as required by law, in The Comet a newspaper published in Johnson City, Tennessee, in said county, notifying said non-resident to appear before our said law court at a court to be holden at the Court House in Johnson City, on the third Monday of October, 1917, and make defense to said bill or the allegations thereof will be taken for confessed and this cause set for hearing exparte as to him.

This 15th day of Sept. 1917.

J. L. HILBERT, Clerk.

NON-RESIDENT NOTICE

In the Law Court at Johnson City, Washington County Tennessee.

Alice Willis
vs
Frank Willis

In this cause it appearing from the complainant's bill, which is sworn to, that the defendant, Frank Willis is a non-resident of the State of Tennessee It is ordered by me that publication be made for four successive weeks, as required by law, in The Comet a newspaper published in Johnson City, Tennessee, in said county, notifying said non-resident defendant to appear before our said law court at a court to be holden at the Court House in Johnson City, on the third Monday of October, 1917, and make defense to said bill or the allegations thereof will be taken for confessed and this cause set for hearing exparte as to him.

This 15th day of Sept. 1917.

J. L. HILBERT, Clerk.

Lingering Coughs Are Dangerous

Get rid of that tickling cough that keeps you awake at night and drains your vitality and energy. Dr. King's New Discovery is a pleasant balsam remedy, antiseptic, laxative and promptly effective. It soothes the irritated membrane and kills the cold germs; your cough is soon relieved. Delay is dangerous—get Dr. King's New Discovery at once. For nearly fifty years it has been the favorite remedy for gripe, croup, coughs and colds. Get a bottle today at your Druggist, 50c.

Prayer and Work.
If you do not wish for his kingdom, don't pray for it, but if you do, you must do more than pray, you must work.—Ruskin.

LOW ROUND TRIP EXCURSION FARES

Carolina, Clinchfield and Ohio Railway
"The Clinchfield Route"
To
Sprucepine, N. C., and return
Account of

The Toe River Fair, comprising the Counties of Mitchell, Avery and Yancy

September 25, 26, 27 and 28, 1917

Excursion tickets will be sold and good for going passage from Johnson City, Tenn., on regular train No. 3, departing at 11:45 a. m., Eastern Standard Time, on September 24, 25, 26, 27, and 28, and on Special train, departing at 7:00 a. m., on September 26, and 27; returning on regular and special trains to and including Sept. 30, 1917.

Fare for the round trip only \$1.50 children of five (5) and under twelve (12) years of age will be one-half of the adult fare.

For tickets and further information call on Agents, C. C. and O. Ry., or address
CHAS. T. MANDEL, G. P. A.
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FORRENT

Business Room suitable for any small business.

CENTRALLY LOCATED

Formerly occupied by the Southern Express company.

RENT LOW

See CY H. LYLE, Soldiers Home.

TO THOMAS HENDERSON

Nancy Henderson
vs
Thomas Henderson

In the Chancery Court at Johnson City Tennessee.

In this cause, it appearing from the bill which is sworn to, that Thomas Henderson, the defendant, is a non-resident of the State, he is, therefore, hereby required to appear, on or before the 1st Monday of September next, before the Clerk and Master of said court, at his office in Johnson City, and make defense to the bill filed against him in said court, by Nancy Henderson, or otherwise the bill will be taken for confessed.

It is further ordered that this notice be published for four consecutive weeks in The Comet.
This July 31, 1917.
J. W. CASS, Clerk and Master.
Vines and Price, Sols.

NON-RESIDENT NOTICE

In the Law Court at Johnson City, Washington County, Tennessee.

Ida Eaton
vs
Robert Eaton

In this cause it appearing from the complainant's bill, which is sworn to, that the defendant, Robert Eaton is a non-resident of the State of Tennessee It is ordered by me that publication be made for four successive weeks, as required by law, in The Comet, a newspaper published in Johnson City, Tennessee, in said county, notifying said non-resident defendant to appear before our said law court at a court to be holden at the Court House in Johnson City, on the third Monday of October, 1917, and make defense to said bill or the allegations thereof will be taken for confessed and this cause set for hearing exparte as to him.

This August 22, 1917.

J. L. HILBERT, Clerk.

EFFECTIVE

Monday, March 26th, 1917

THROUGH

MODERN STEEL COACH

Between

Knoxville, Louisville and St. Louis

VIA

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GUY S. CHASE
Attorney at Law
Jobe Building. Rooms 7 and 8
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Attorney and Solicitor
Johnson City, - - - Tennessee
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Dr. King's New Discovery is a soothing, healing remedy for coughs and colds that has stood the test of nearly fifty years. For that cough that strains the throat and saps the vitality try Dr. King's New Discovery. The soothing pine balsams and mild laxative ingredients soon drive the cold from the system. Have a bottle on hand for winter colds, croup, gripe and bronchial affections. At your Druggist, 50c.

Having given London and Paris the once over, the American tourist in khaki will hardly call his journey done until he takes a look at Berlin.